

What's on the Menu?

Rochester Community Schools: Curbside Breakfast Menu May 2021

A full student breakfast includes a choice of entrée supplying protein and grain, 1/2 cup fruit sides, and 1% or skim white milk.

Curbside pickups Wednesdays 12:30am-1:30pm select locations Hart, Reuther, West, Adams, Rochester; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6	7
Whole Grain Mini French Toast Whole Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Benefit Bar Fresh Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	PICK UP DAY Quick Oats w/ String Cheese Cupped Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Mini Pancakes Fresh Whole Fruit
8	9	10	11	12	13	14
Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Texas Toast Whole Fruit	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	PICK UP DAY Whole Grain Waffles Fresh Fruit	Turkey Sausage Pancake Wrap Cupped Fruit	Apple Filled Bosco Cupped Fruit
15	16	17	18	19	20	21
Whole Grain Mini French Toast Whole Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Benefit Bar Fresh Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	PICK UP DAY Quick Oats w/ String Cheese Cupped Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Mini Pancakes Fresh Whole Fruit
22	23	24	25	26	27	28
Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Texas Toast Whole Fruit	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	PICK UP DAY Whole Grain Waffles Fresh Fruit	Turkey Sausage Pancake Wrap Cupped Fruit	Apple Filled Bosco Cupped Fruit
29	30	31				
Whole Grain Mini French Toast Whole Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Benefit Bar Fresh Fruit		7 Day Breakfast Curbside Menu	*Please note: Menu items subject to change due to product availability	



Questions or comments? Food Service Director Tracy Hizer 248-726-4650
 Assistant Directors Tamara Brazelton 248-726-4601 or Marci Flaherty 248-726-4603
 Go to MyPlate.gov for online personal wellness resources for you and your family.
 Make Checks Payable to RCS Foodservice.

This institution is an equal opportunity provider.

